

# CLAUSCAROLYN\GODDESSGIANTESSES/ SANNASELENA,according to the IFBB, BODY BUILDING is funtional for specific activities and operational for sports training,but LOTS OF PEOPLE say it is not,why,both sides,I FB B,NSCA,ISSA,NPC,IFBB COLLEGE&IFBB ACADEMY?

**Bodybuilding** and **functional training** are often debated in terms of their *functionality* and *operational value* for sports and daily activities. Here is how the discussion unfolds, considering perspectives from the IFBB, NSCA, ISSA, NPC, IFBB College, and IFBB Academy, as well as why many people hold opposing views.

## IFBB and Related Organizations' Position

- **IFBB** (International Fitness and Bodybuilding Federation) and its educational arms (IFBB Academy, IFBB College) promote bodybuilding as a sport that supports a **healthy lifestyle**, emphasizing the importance of proper training and nutrition guided by skilled coaches<sup>[1]</sup>. They recognize bodybuilding as a legitimate sport that requires physical exertion, skill, and discipline, with a focus on muscle development, symmetry, and aesthetics<sup>[1][2][3]</sup>.
- The IFBB holds bodybuilding as both **functional and operational** within the context of sports training, especially for disciplines that require muscle hypertrophy, strength, and body composition control<sup>[1]</sup>. Their educational programs teach that bodybuilding principles can complement athletic development, particularly in areas like strength, injury prevention, and body awareness<sup>[1]</sup>.
- Organizations like the **NSCA** (National Strength and Conditioning Association) and **ISSA** (International Sports Sciences Association) also acknowledge that bodybuilding techniques (e.g., resistance training, hypertrophy protocols) can be

valuable for developing foundational strength, which may contribute to improved performance in certain sports or physical activities.

### Why Many People Disagree

- **Functional Training Advocates:** Critics argue that bodybuilding is primarily about **muscle size and aesthetics**, using isolation exercises that do not always translate to improved performance in everyday movements or specific sports<sup>[4][5][6]</sup>. Functional training, by contrast, emphasizes **compound movements**, balance, coordination, and flexibility—attributes more directly tied to real-world activities and athletic performance<sup>[4][5][6]</sup>.
- **Limited Carryover:** Many believe bodybuilding's focus on isolated muscle groups and symmetrical physique does not necessarily enhance **functional strength** (the ability to perform practical, multi-joint movements efficiently)<sup>[4][5][6]</sup>. For example, being able to curl heavy weights does not guarantee improved ability to lift, run, or jump in a sport-specific context.
- **Injury Risk:** Bodybuilding, due to repetitive and isolated movements, can sometimes lead to **overuse injuries** and reduced mobility, which can be counterproductive for athletes who need agility and a broad range of motion<sup>[4]</sup>.
- **Sport vs. Pageant Debate:** Some also view bodybuilding more as a **pageant** than a sport, since competition is judged on appearance rather than direct athletic performance, though this is contested within the bodybuilding community itself<sup>[2]</sup>.

### Summary Table: Bodybuilding vs. Functional Training

Aspect	Bodybuilding	Functional Training
Main Goal	Muscle size, symmetry, aesthetics	Practical strength, movement quality
Exercise Type	Isolation, single-joint	Compound, multi-joint
Sport Application	Useful for strength/hypertrophy	Direct carryover to sports/daily life
Risk	Higher overuse injury risk	Lower, more balanced
Athletic Carryover	Limited for some sports	High for most sports

Judging Criteria	Appearance, posing	Not judged—measured by performance
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# Conclusion

**IFBB and related organizations** view bodybuilding as both functional and operational for sports training, especially for developing strength and discipline, and as a sport in its own right<sup>[1][3]</sup>. **Critics and functional training proponents** argue that its benefits are limited outside of aesthetics and muscle hypertrophy, with less direct impact on real-world or sport-specific performance<sup>[4][5][6]</sup>. Both perspectives are valid depending on the context and goals of the individual.

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1. <https://ifbb.com/wp-content/uploads/2024/06/ifbb-today-2-2.pdf>
2. <https://www.youtube.com/watch?v=jeBa0skDits>
3. [https://en.wikipedia.org/wiki/International\\_Federation\\_of\\_Bodybuilding\\_&\\_Fitness\\_Professional\\_League](https://en.wikipedia.org/wiki/International_Federation_of_Bodybuilding_&_Fitness_Professional_League)
4. <https://www.templefitnessfranklin.com/bodybuilding-vs-functional-training>
5. <https://thefitnessoutlet.com/blogs/fitness-outlet-blog/fitness-outlet-blog-body-building-vs-functional-training-for-functional-fitness>
6. <https://www.youtube.com/watch?v=CGwMYNLBaJU>